

Amendments In The Claims:

1. (Currently Amended) A physical training device for applying resistance forces to the human body in varying modes of movement for simulating martial arts techniques, the device comprising:
 - a conformable grip configured to accept a human hand formed in a fist, the grip having a medial and lateral side;
 - a flat elongated flexible medial strap extending from the grip medial side to a respective strap end;
 - a flat elongated flexible lateral strap extending from the grip lateral side to a respective strap end;
 - a flexible clench strap within the grip and extending from between the medial side to the and lateral side;
 - a top cross-strap distanced from the grip and extending between the medial strap and the lateral strap; and
 - a bottom cross-strap distanced from the grip and extending between the medial strap and the lateral strap; and
means for connecting a resistance device to the medial strap and lateral strap ends whereby
resistance force may be thereby transmitted through the grip to the outside of a user's
fist within grip.
2. (Original) A device according to claim 1, and further comprising:
 - a resistance device attached to the medial and lateral strap to apply resistive force to the grip.
3. (Original) A device according to claim 2, wherein:
 - the resistance device comprises at least one elastic member.
4. (Original) A device according to claim 1, and wherein:
 - the top cross-strap has a length, between the medial and lateral straps, of 2.25 inches.
5. (Original) A device according to claim 4, and wherein:
 - the bottom cross-strap has length, between the medial and lateral straps, of 8 inches.
6. (Original) A device according to claim 1, and wherein:
 - the grip has a most distal point for receiving the knuckles of a user's fist; and
 - the top cross-strap is distanced from the most distal point a dimension of 6.5 inches at the

lateral strap.

7. (Original) A device according to claim 6, wherein:

the top cross-strap extends from the lateral strap at a 45 degree angle away from the grip and to the medial strap.

8. (Original) A device according to claim 1, wherein:

the medial and lateral straps each comprise woven fabric material having a width of two inches.

9. (Currently Amended) A device according to claim 1, and wherein:

the grip has a most distal point for receiving the knuckles of a user's fist; and

the medial and lateral straps each have ~~are joined~~ an open length of at least 24 inches from the most distal point.

10. (Currently Amended) A physical training device for applying resistance forces to the human body in varying modes of movement for simulating martial arts techniques, the device comprising:

a conformable grip configured to accept a human hand formed in a fist;

a flat elongated flexible medial strap and a flat elongated flexible lateral strap, both extending from the grip and both having respective proximal ends;

a flexible clench strap within the grip and extending from between the medial side to the and lateral side;

means for applying a resistance force to the proximal end of the straps; and

means for ~~a~~ applying a portion of the resistance force to the middle of a user's forearm when the user's fist is accepted in the grip.

11. (Currently Amended) A physical training device for applying resistance forces to the human body in varying modes of movement for simulating martial arts techniques, the device comprising:

a conformable grip configured to accept a human hand formed in a fist;

an elongated flexible medial strap and an elongated flexible lateral strap extending from opposite sides of the grip;

a clench strap within the grip and extending between the medial side to the and lateral side;

a top cross-strap connecting the medial strap and the lateral strap;

a bottom cross-strap connecting medial strap and the lateral strap;

all the straps configured to allow a person's hand to be held within the grip while the person's associated arm is disposed between the medial strap and the lateral strap and between the cross-straps, with the medial and lateral straps extending adjacent the person's arm between the grip and the person's elbow from the grip to the person's elbow and further extending to behind the person's respective shoulder.

12. (Previously presented) A device according to Claim 11, and wherein:

the medial and lateral straps have an open length of at least 24 inches.